



BREAKFAST

AUGUST 2026

John J. Polaris

Monday

Tuesday

Wednesday

Thursday

Friday

3

No School

4

No School

5

No School

6

No School

7

No School

10

No School

11

No School

12

No School

13

No School

14

No School

17

No School

18

No School

19

No School

20

No School

21

No School

24

No School

25

No School

26

Cinnamon Swirl Roll
Fruit
Milk

27

Assorted Muffins
Fruit
Milk

28

Breakfast Sandwich
Egg & Cheese on Bagel
Fruit
Milk

31

French Toast Bites
Fruit
Milk

A variety of fresh fruits and 100% fruit juice are available daily with all breakfast meals.
Students may also choose a serving of yogurt or string cheese with each breakfast meal
Milk choices include Fat Free Chocolate, 1% white and Lactaid

Capital Region Education Council is an equal opportunity employer.



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